Make an emergency preparedness kit

Store emergency supplies to last at least three days.

- Ready-to-eat, nonperishable foods
- Can opener, matches, knife, foil, plastic bags
- Water: one gallon per day per person
- Flashlights and batteries
- Battery-operated radio
- Medications and prescriptions
- Well-stocked first aid kit
- Blankets
- Warm shoes, clothing, rain gear
- Household tools
- Food and water for pets, livestock
- List of important phone numbers
- Fire extinguisher
- Toys, games, books, etc.
- Supplies for people with special needs (the elderly, disabled, infants)
- Toiletries and personal supplies
- Extra glasses



Emergency preparedness to meet special access needs

Strengthen your family readiness plan by being prepared if you have special needs, or require special access, such as ramps or wider doors. Ask a family member, a neighbor or caregiver to check on you. Preparation is essential to minimize disruption and anxiety when there's an emergency.

Think carefully about emergencies most likely to occur in your area to become prepared.

Determine what additional support you may need and make a plan. For example:

- How might an extended power outage threaten your well-being?
- Have you identified a person nearby who could help you evacuate?
- If you currently use a personal care attendant, check to see if the agency has special provisions for emergencies, such as providing services at another location.
- Make sure your family can help you with equipment, such as a wheelchair.
- If you or someone else in your home uses a
 wheelchair, make sure there is more than one
 wheelchair-accessible exit available, in case the
 primary exit is blocked.
- Plan and practice how to escape from your home in an emergency.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- Teach older children or grandchildren how to help you. For example, how to unlock a wheelchair.
- Tell children to follow directions of firemen, police, Sheriff's deputies or other public safety officials, and call 911 if anyone is in danger.
- Buy and learn how to use a fire extinguisher.

- Know how to start back-up power supply for essential medical equipment.
- Teach your family and others how to operate equipment.
- Make sure your emergency preparedness kit includes a battery-powered radio, flashlight and plenty of batteries, as well as accessories needed for a wheelchair or medical device.
- Keep on hand extra oxygen, medications, supplies, a list of model and serial numbers of your medical devices like pacemakers.



Need more planning tips?

Call the Placer District American Red Cross at (530) 885-9392, www.sacsierraredcross.org or Placer County Office of Emergency Services at 530-886-5300 for a free presentation provided to groups.

Preparing for Emergencies in Placer County



Emergencies Happen!

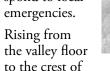
- ✓ Stay Well Informed
- ✓ Make Your Plan
- ✓ Make an Emergency Kit
- ✓ Special Access Needs

Placer County Office of Emergency Services 2968 Richardson Drive Auburn, CA 95603

> www.placer.ca.gov (click on "emergency") 530-886-5300

Emergencies happen!

Every family and individual should become prepared to respond to local emergencies.





the Sierras, Placer County does experience natural disasters from time to time. Wildland fires, flooding, powerful winter storms, heavy snow, backcountry avalanches, extended power outages and high winds are very predictable and can occur.

The County can also experience transportation accidents, law enforcement incidents, public health emergencies, or many other kinds of disasters. While terrorism in Placer County is considered less likely, it could happen. No one knows what the world situation may bring.

An emergency situation takes a heavy toll on fire, law, emergency medical services resources and other response personnel.

Under the law, disaster response varies according to the nature of the emergency and where it takes place. In Placer County, there are six cities plus unincorporated areas, but cities have jurisdiction within their boundaries. State and federal agencies also have responsibilities Some emergencies, such as flooding or large fires, often cross jurisdictional boundaries.

Prepare your family members to take care of themselves for three days, so that you will need to call for help only if you have an unusual or lifethreatening emergency situation.

Basic emergency preparedness is simple, helps protect your safety, and creates reassurance for your family.

Stay well informed during emergency situations

Information may be available through multiple resources, dependent on the location, jurisdiction and nature of the emergency, which determines the emergency personnel or cities involved. You may need to try more than one of the resources listed below to find the information that best meets your needs.

Use this brochure to help you learn how to best take care of yourself, your family and your elderly or disabled neighbors in the event of an emergency.

Computer-generated (WARN) telephone calls:

You may receive a computer-generated phone message that provides you with critical information such as an evacuation notice. This message is designed for rapid, neighborhood emergency or crime notification. Sometimes it includes a call-back number. Listen carefully for directions.

Emergency services personnel provide updated information to news media.

News radio serving the western slope:

AM 950 KAHI (foothills & Auburn area) AM 1530 KFBK (valley floor) AM 830 KNCO (foothills & Grass Valley area)

Radio serving Lake Tahoe Basin:

AM 1490 KOWL

FM 90.5 KKTO

FM 93.9 KRLT

AM 780 KKOH (Reno region)

Sacramento television stations:

KCRA Channel 3 NBC

KXTV Channel 10 ABC

KOVR Channel 13 CBS

KTXL Channel 40 FOX

CW31 Channel 31

KUVS Channel 19 (Spanish)

Reno television stations:

KOLO Channel 8 KRNV Channel 4

KTVN Channel 2

Local news on the internet: YubaNet.com

Try also: auburnjournal.com, sacbee.com, kahi.com and websites for TV and radio stations.

Call 9-1-1 to report an emergency

Go Online for information:

Placer County:

www.placer.ca.gov (see "News" or "Emergency")

CAL FIRE:

www.fire.ca.gov

US Forest Service Fire Information:

www.inciweb.org

California Highway Patrol:

www.chp.ca.gov

CA Emergency Management Agency:

www.calema.ca.gov

CA Dept. of Health Services:

www.bepreparedcalifornia.gov

Placer County Public Information Hotlines:

530-886-5310 – South Placer County to the crest of Sierra

530-584-1590 – North Lake Tahoe Area

These lines are staffed up to 24 hours a day if the county is responding to a significant local emergency; otherwise you may be referred to another resource via a message machine. Usually, these phones are answered weekdays 8 a.m. to 5 p.m.

If the emergency involves a city rather than the unincorporated area:

- Visit the city's website
- Call the city for more information if needed

Develop a plan, be prepared

Create a family readiness plan. Preparation can minimize disruption and anxiety when there's an emergency.

Learn First Aid and CPR:

For classes, call American Red Cross at 530-885-9392 or register online at www.sacsierrraredcross.org

Learn which emergencies are most likely to occur in your area and minimize the hazards if you can. For example, Placer County has experienced numerous winter storms, power outages, floods and wildland fires.

- Is your home close to a creek which floods?
 Clear debris from the creek.
- Could wildland fires threaten your home?
 Create at least a 100-foot defensible space to protect your home from fire.

Have a plan on where to meet if your family gets separated.

- Agree to call a specific family member or friend who lives outside the area, as well as a local contact. Tell your children who the contact will be.
- Agree to meet in a specific spot outside your home. Write it down for all family members, along with cell phone numbers.
- Also, write down any critical information, such as your doctor's name and phone number, so you can obtain prescriptions. If you must evacuate, take essential medicines, supplies and extra glasses with you.
- Know the location of and how to turn off water, power, propane and gas coming into your house.
- Get a fire extinguisher.